

What is claimed is:

1. A nutritional food or nutritional product comprising at least one probiotic bacteria, at least one carbohydrate ingredient, at least one fat ingredient, and at least one
5 protein ingredient.

2. The nutritional food or nutritional product of claim 1 wherein said at least one probiotic bacteria is *Lactobacillus acidophilus*, *L. bulgaricus*, *L. casei*, *L. rhamnosus*, *L. fermentum*, *L. salivarae*, *L. brevis*, *L.*
10 *plantarum*, *L. ruteri*, *S. thermophilus*, *Bacillus sporogenes*, *Bifidobacterium adolescentis*, *B. infantis*, *B. longum*, *B. thermophilum* or *B. bifidum* and wherein said nutritional food or nutritional product provides about 5 billion to 20 billion colony forming units of said at least one probiotic bacteria.

15 3. The nutritional food or nutritional product of claim 1 wherein said at least one carbohydrate ingredient is dextrose, sucrose, fructose, lactose, maltose, galactose, sugar alcohols, such as sorbitol, mannitol and xylitol, invert sugar syrups, brown sugar, corn syrup, corn syrup solids,
20 honey, molasses, brown sugar, maple syrup, fruit juices, stevia, or an artificial sweetener.

4. The nutritional food or nutritional product of claim 1 wherein said at least one fat ingredient is olive oil, canola oil, palm oil, coconut oil, sunflower oil, peanut oil,
25 vegetable oil, lecithin, fish oil, cotton seed oil, soybean

oil, lard, monoglycerides, diglycerides, butter, margarine, and other animal, vegetable, and marine fats, or milk fats.

5. The nutritional food or nutritional product of claim 1 wherein at least one protein ingredient is cereal proteins, milk proteins, egg proteins, animal proteins, vegetable proteins, whey protein, bean proteins, lactalbumin-casein co-precipitate, calcium caseinate, sodium caseinate, purified or refined grades of casein and soy proteins, or peanuts.

6. The nutritional food or nutritional product of claim 1 further comprising at least one vitamin component and at least one mineral component.

7. The nutritional food or nutritional product of claim 1 wherein at least one prebiotic ingredient is a fructo-oligosaccharide, a galacto-oligosaccharide, a soy-oligosaccharide, a xylo-oligosaccharide, a isomalto-oligosaccharides, Jerusalem artichoke flour, rolled oats, banana fiber, a pectin and pectic polysaccharide, a mannan, a pentosan, a beta-glucan, a rabinan or a galactan.

8. A nutritional food or nutritional product for maintaining or enhancing gastrointestinal health, comprising at least one carbohydrate ingredient, at least one fat ingredient, at least one protein ingredient, at least one vitamin component, at least one mineral component, at least one prebiotic ingredient, and at least one probiotic bacteria, wherein said probiotic bacteria have a propensity to hydrolyze nitrogenous waste products.

9. A method of restoring and maintaining gastrointestinal health comprising administering to a subject at least one food or nutritional product comprising an effective amount of probiotic bacteria and an effective amount
5 of a prebiotic.

10. A nutraceutical composition to alleviate the symptoms of uremia comprising a composition of a probiotic, a prebiotic, and an ammoniaphilic urea degrading microorganism with pH stability and urea degrading activity.

10 11. A yogurt or yogurt based product comprising at least one probiotic bacteria, at least one carbohydrate ingredient and at least one protein.